

# Squat Jumps



## How to do it:

- ✓ Stand tall with your feet shoulder width apart.
- ✓ Bend your knees until you are in a 'sitting' position.
- ✓ Keep your back straight, bring your arms up to balance.
- ✓ Jump in the air, push through your feet to explode high in the air.
- ✓ Land on the balls of your feet and immediately squat again.

## What to do:

- ✓ Perform 15 squat jumps, rest for 1 minute, then perform again.
- ✓ Can you do this 5 times?
- ✓ How high can you jump from your squat position?